⚠ WORKPLACE SAFETY NOTICE Occupational Health & Hazard Prevention

Hand-Arm Vibration Syndrome (HAVS)

EXPOSURE STANDARD
100% Preventable

The Hazard
Causes & Risk Factors

Prolonged vibration from power tools permanently impairs blood vessels, nerves, and musculoskeletal tissue in hands.

- **High-risk tools:** Grinders, hammer drills, chainsaws, breakers.
- **Amplifiers:** Cold weather, tight grip, and continuous trigger pull.

Warning Signs
Early Symptoms to Watch

Numbness & Tingling
Persistent pins-and-needles sensation, often disrupting sleep.

Vibration White Finger
Fingertips turn pale or blanch in cold, followed by painful throbbing.

Reduced Grip & Touch
Loss of grip strength and difficulty handling small fasteners.

Safety Controls
Daily Prevention Rules

- **Rotate Tasks:** Cap daily trigger time and take regular 10-minute rest breaks.
- **Maintain Equipment:** Use low-vibration tools with sharp, balanced accessories.
- **Keep Hands Warm:** Wear thermal gloves to preserve peripheral blood circulation.

Key Safety Takeaway: HAVS is irreversible once established, but completely preventable when caught early.

REPORT SYMPTOMS PROMPTLY